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ABSTRACT

This health curriculum for teachers, after-school providers, and school nurses uses the cartoon character Arthur to introduce four units that explore four distinct early childhood health themes. The themes are: "Eat Well. Stay Fit" (good nutrition and exercise); "Open Wide!" (dental health); "Dealing with Feelings" (emotions); and "Head Lice Advice" (head lice). Each unit includes background information, age-appropriate activities, a book list, a featured Arthur show, and family activity sheets in English and Spanish. The family activity sheets are also provided in Vietnamese, Chinese, and Tagalog on the ARTHUR[TM] site. (SM)

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Arthur Presents

Hooray for Health!

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Eat Well. Stay Fit. Open Wide! Dealing with Feelings Head Lice Advice

A Health Curriculum for Children

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Dear Educator:

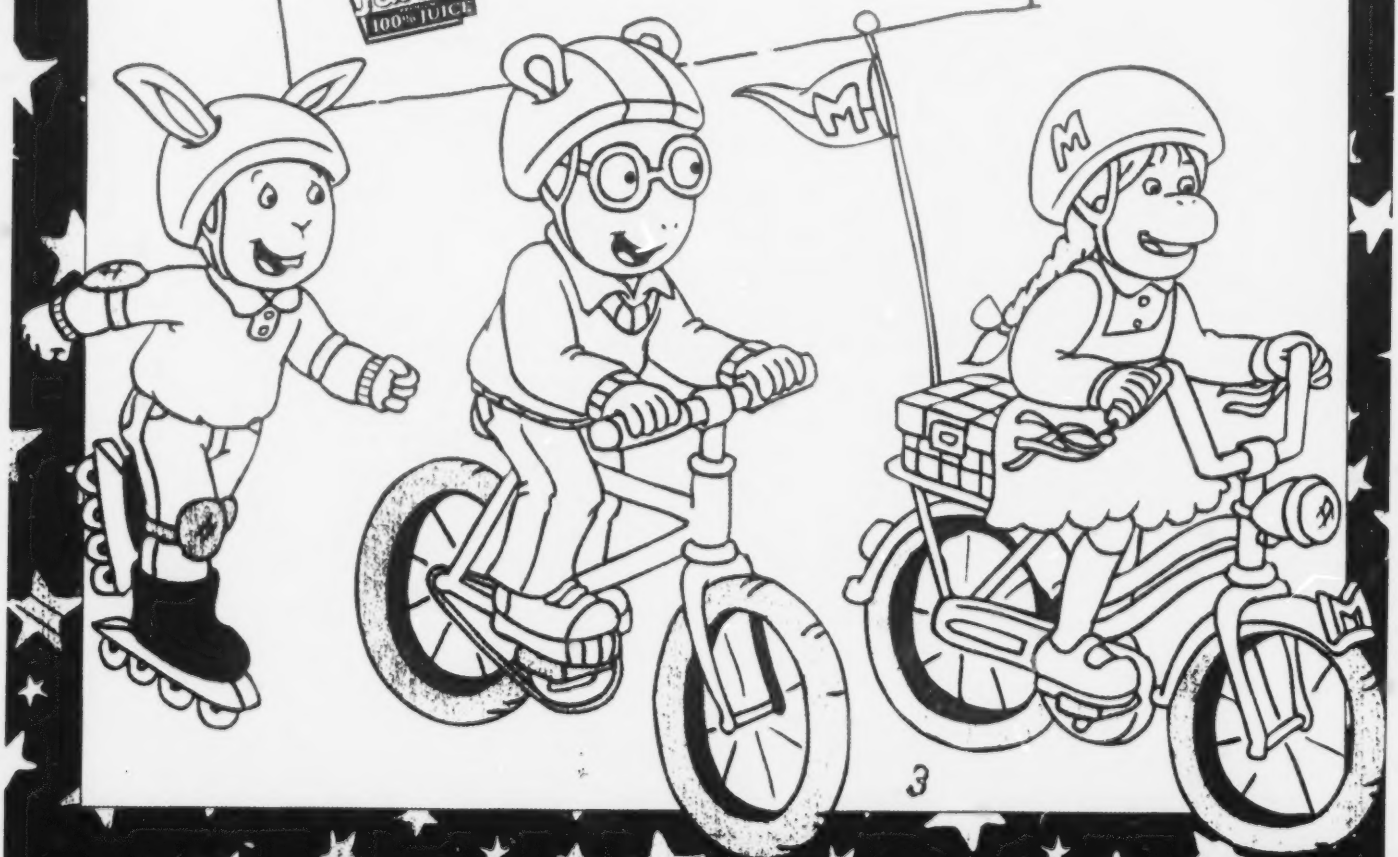
Libby's® Juicy Juice® has been a proud sponsor of the award-winning PBS series ARTHUR® since its debut in 1996. Like ARTHUR, Libby's Juicy Juice, premium 100% juice, is wholesome and loved by kids. Promoting good health has always been a priority for us and Juicy Juice can be a healthy part of any child's balanced diet.

Because we share the same commitment to helping children develop and maintain healthy lives, we applaud the efforts of PBS in producing quality educational television.

Libby's Juicy Juice hopes this health curriculum will be a valuable resource for teaching children how to eat well and stay healthy.

Enjoy!

Libby's Juicy Juice



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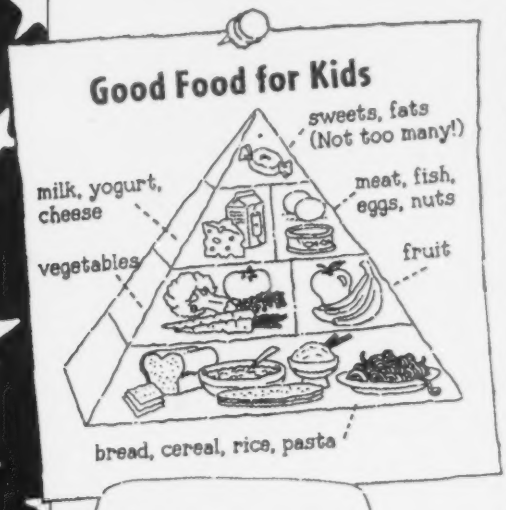
About This Guide

Hooray for Health! is a health curriculum guide designed for teachers, after-school providers, and school nurses. It was developed by a team of health experts and early childhood educators. ARTHUR characters introduce four units exploring four distinct early childhood health themes: good nutrition and exercise (*Eat Well. Stay Fit.*), dental health (*Open Wide!*), emotions (*Dealing with Feelings*), and head lice (*Head Lice Advice*). Each unit includes background information, age-appropriate activities, a book list, a featured ARTHUR show, and family activity sheets in English and Spanish. The family activity sheets are also provided in Vietnamese, Chinese, and Tagalog on the ARTHUR Web site: **pbskids.org/arthur**.

Many experts agree that high-quality television can inspire active learning. Each *Hooray for Health!* theme is featured in an ARTHUR show that can be used to begin or expand the unit. (For information about taping the show or obtaining home videos, please see page 24.)
We hope that ARTHUR and this guide help you and your kids have fun exploring these important health themes.

Eat Well. Stay Fit.

This unit encourages children to take care of themselves by eating healthy foods and exercising. To introduce the unit, you may want to show the video or read the book *D.W., the Picky Eater*. Share the background information below with your students as you do the activities on page 3.



Background Information

Food. Food is the fuel your body uses to move, grow, and repair itself. When you're hungry or thirsty, your body is telling you that it needs food. A healthy diet includes a balance of nutritious foods. (See the Good Food for Kids pyramid.) Different types of food help your body do different things.

- Carbohydrates (such as grains and starchy vegetables) are burned for energy.
- Protein (such as eggs and meat) helps your body grow and repair cells.
- Vitamins and minerals also help your body stay healthy. For example, calcium helps build strong bones. Vitamin E protects skin cells.

Exercise. Exercise helps your body become strong and remain healthy. When you exercise, your blood flow increases. This helps your heart and lungs work more efficiently. It also increases the amount of oxygen that goes to your brain and the rest of your body. Exercise can help you think better, feel more relaxed, and live a longer, healthier life.

Out-of-shape kids. 13% of American children are now overweight. Kids are less active today than in past generations. They spend much of their free time watching TV and playing computer games. In some neighborhoods, kids can't go out to play on their own because of safety concerns. Being overweight and out-of-shape puts kids at an increased risk for health problems, including type 2 diabetes and heart disease. Type 2 diabetes is a condition that requires medication. If gone untreated, it can lead to complications with eyes, heart, and blood pressure.

Healthy habits. Schools and aftercare programs can help kids develop healthy habits by serving nutritious snacks, limiting the availability of unhealthy foods, and making active play an important part of the day. Limiting TV time will also help kids stay fit. Get in the habit of turning off the television when a show is over and doing something active for fun!

The American Academy of Pediatrics recommends that kids spend no more than 1-2 hours a day in front of a TV or computer.

D.W.™, the Picky Eater

D.W. will not be allowed to go to Grandma Thora's birthday dinner unless she learns to eat healthy meals. It's up to Arthur to get D.W. to eat her spinach before time runs out. Watch the video and read the book.

Illustrations by Rick Parker

Activities

Eating well. Draw a simple food pyramid poster (see page 2). Read a book about healthy eating (see Read All about It), or watch the video *D.W. the Picky Eater*. Let children draw or cut out pictures of their favorite foods and attach the pictures to the appropriate sections of the food pyramid. Ask: *In which sections are most of your favorite foods?* Talk about keeping a good balance between healthy foods and sweet or high-fat foods. Have children think of healthy foods they like that fit in sections that are fairly empty, particularly fruits and vegetables. Add new food pictures to the poster. Remind kids that it is important to eat whole fruits, not just drink fruit juice.

Kid cuisine. Give children the responsibility for planning healthy class snacks. The Eating Well activity (above) will help them think of good choices. An easy, nutritious recipe, "Arthur's Open-Face Sandwiches," is provided on the Family Activity Sheet (pages 4-5). Kids' cookbooks often have other good suggestions for healthy, no-bake snacks.

Get up and move! Fit plenty of "stretch and move" breaks into your day. Do the Hokey Pokey, play Simon Says, Follow the Leader, or a non-competitive version of musical chairs where everyone squeezes in. Schedule time for outdoor play as well. Let students take turns suggesting favorite active games. Yoga stretches are a great way to ease cramped muscles or warm up before a game.

Photos by Lisa Tanner

Angry Cat. Arch up your back, put your chin down, and hiss!

Happy Cat. Arch your back down, put your chin up, and purr.

Our favorite games. Watch *The Good Sport* or another ARTHUR™ show. Talk about the different ways the kids in ARTHUR enjoy getting exercise. Have students create a class book with directions for playing their own favorite sports and active games. Make copies to take home and share with families. For new active game ideas, such as Brain's Tidal Wave, Pal's Bubble Stomp, and D.W. Says!, go to D.W.'s Party Ideas on the ARTHUR Web site: **pbskids.org/arthur**.

Health fair. Organize a family health fair or participate in a community walk or health-related event. Give each child a *Hooray for Health!* certificate (provided on page 22). *Hooray for Health!* stickers are available from SmileMakers at **www.smilemakers.com**

Family activities. Send home copies of "Arthur's Open-Face Sandwiches" and the Tips for Parents and Kids. English and Spanish versions are on pages 4-6. Chinese, Vietnamese, and Tagalog versions are available on the ARTHUR Web site: **pbskids.org/arthur**

Read All about It

HEALTHY EATING

Allie the Allergic Elephant: A Children's Story of Peanut Allergies by Nicole S. Smith

Mama Provi and the Pot of Rice by Sylvia Rosa-Casanova

Vegetable Soup by Lois Ehlert (Also available in Spanish: *A sembrar sopa de verduras*)

Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers & Up by Mollie Katzen and Ann Henderson

Child of Mine by Ellyn Satter (A book for parents on feeding kids well)

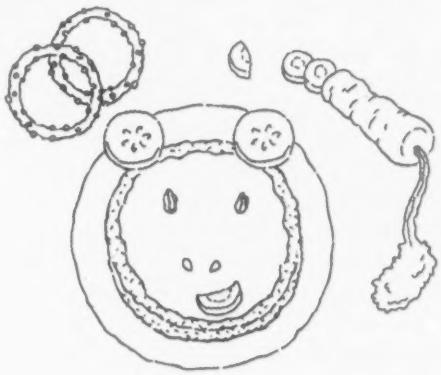
EXERCISE

A Yoga Parade of Animals: A First Picture Book of Yoga for Children by Pauline Mainland

Arthur's Open-Face Sandwiches

1

Spread an English muffin, rice cake, or mini pita bread with hummus, cream cheese, or cheese.



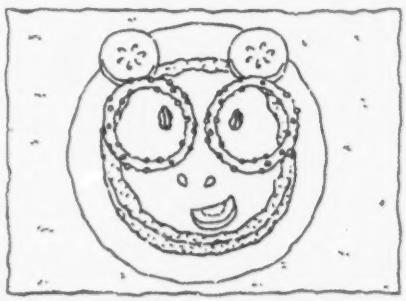
2

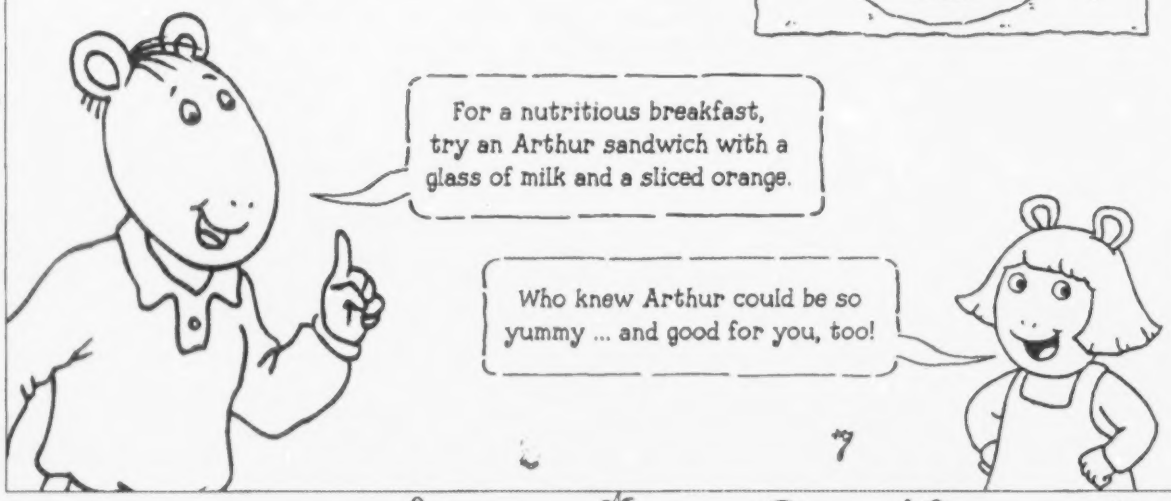
Make Arthur's face.

- Use raisins or sunflower seeds for his eyes and nose.
- Use cucumber or banana slices or dried apricots for his ears.
- Use bits of carrot or sweet red pepper for his mouth.

3

Use round pretzels for Arthur's eyeglasses.




For a nutritious breakfast, try an Arthur sandwich with a glass of milk and a sliced orange.
Who knew Arthur could be so yummy ... and good for you, too!

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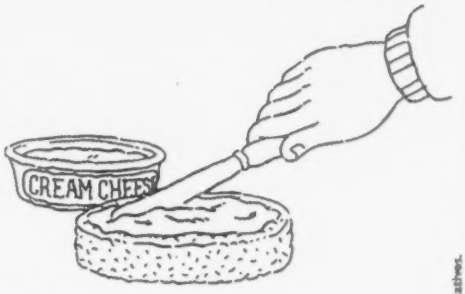
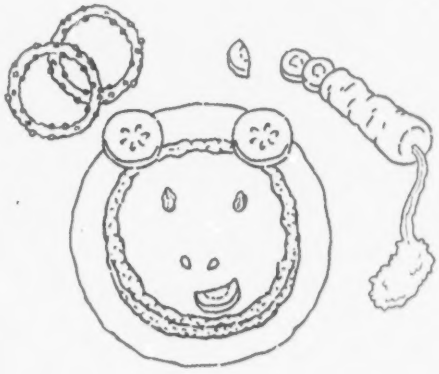
Sándwiches con la cara de Arthur

1

Cubre con *hummus*, queso crema o queso la superficie de un pan tostado, un pan de arroz inflado o un minipan árabe.





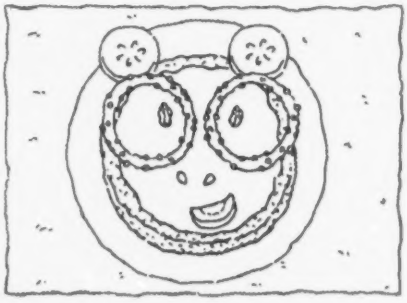
2

Haz la cara de Arthur.

- Usa uvas pasas o semillas de girasol para hacerle los ojos y la nariz.
- Fórmale las orejas con rodajas de cohombro o de banano, o con albaricoques secos.
- Hazle la boca con tiras de zanahoria o de pimiento rojo.

3

Usa galletas pretzels redondas para hacerle las gafas.



Para disfrutar de un desayuno nutritivo, cómete un "sándwich de Arthur" acompañado de un vaso de leche y una naranja en gajos.

¿Quién creyera que Arthur pudiera ser tan delicioso... y tan lleno de valor nutricional?

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Staying Healthy

Tips for Parents and Kids

It's important to eat right and get enough exercise. To stay healthy and fit:

- Eat plenty of fruits, vegetables, bread, cereal, rice and pasta. Provide fresh fruit and cut-up vegetables for snacks.
- Try not to have too many fatty foods, sweets, or soft drinks.
- Don't spend too much time in front of a computer screen or television.

Get up and move! It's fun and it's good for you. Here are some ideas to get you started:

- Put on music and dance around your living room.
- Go for a walk. Play follow the leader, toss a bean bag back and forth, or walk in a pattern: skip 4 steps, walk 4 steps, skip 4 steps, walk 4 steps.
- Keep a balloon or beach ball up in the air using your feet, knees, head, and hands.

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Cómo gozar de buena salud

Consejos para padres e hijos

Es muy importante comer bien y hacer suficiente ejercicio. Para mantenerse sano y en forma:

- Comer muchas frutas, verduras y legumbres. Tener a mano frutas frescas y verduras picadas para la hora de la merienda.
- Tratar de no comer demasiadas comidas grasosas ni demasiados dulces. Evitar las bebidas gaseosas.
- No pasar mucho tiempo frente a la pantalla de la computadora o del televisor.

¡Muévete! Es divertido y bueno para la salud. He aquí algunas ideas para comenzar:

- Poner música y bailar en la sala.
- Salir a caminar. Corretear y saltar, lanzar una bolsita llena de frijoles, o salir a pasear siguiendo un patrón determinado: dar 4 brincos, dar 4 pasos, dar 4 brincos, dar 4 pasos.
- Mantener un globo o una pelota de playa en el aire usando los pies, las rodillas, la cabeza y las manos.

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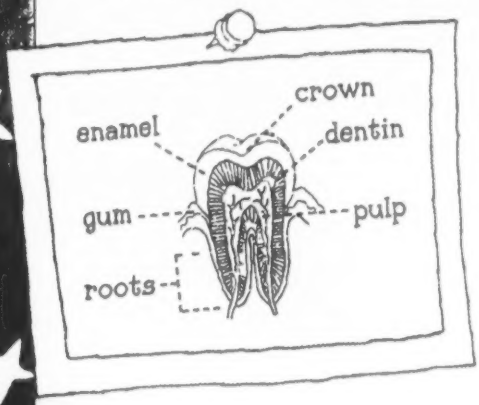
Open Wide!

This unit helps children learn how to take good care of their teeth. It also provides opportunities to talk and learn about visits to the dentist and losing baby teeth. To introduce these topics, you may want to show the video or read the book, *Arthur's Tooth*. Share the information below with your students as you do the activities on page 8.



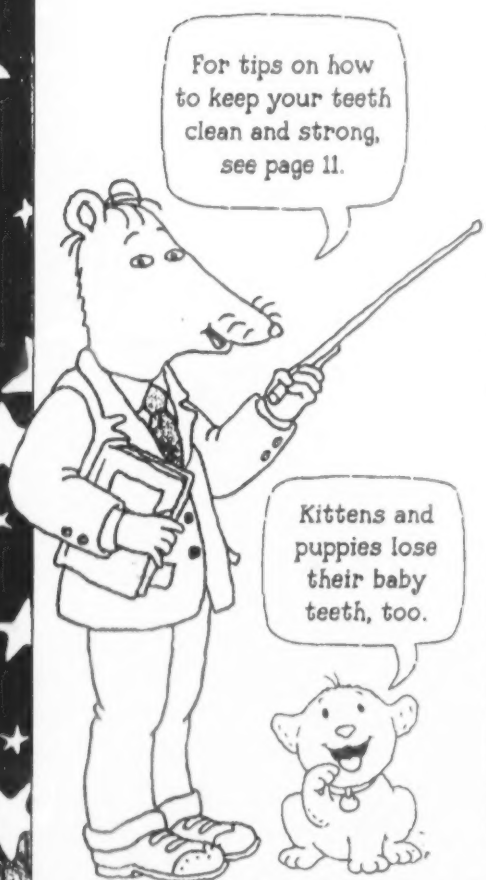
Background Information

Tooth anatomy. The part of your tooth above the gums is called the *crown*. Below the gums are the *roots*. The crown is covered with a hard white surface called *enamel*. It is the hardest material your body makes. It protects the inner tooth from germs and bacteria. Beneath the enamel is the *dentin*. It is not very hard. In the center of the tooth is the *pulp*. This is where all the nerves and blood vessels are. The pulp is the part that hurts when you have a toothache.

Baby teeth. By the time they are 3 years old, most children have a full set of 20 baby, or primary, teeth. (Adults have 32 teeth.) Around the age of 5 to 7, the first baby tooth falls out, usually a front tooth, top or bottom. A permanent tooth soon takes its place. Around age 7 or 8, children lose the two teeth on either side. Between the ages of 9 and 12, children lose their pointed canine teeth and their first and second molars.

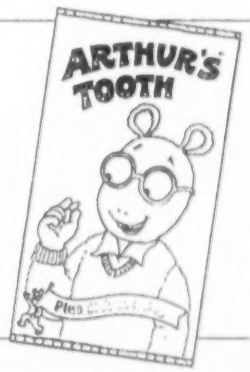
How cavities are formed. Cavities are caused by sugars left on teeth after meals or snacks. Bacteria feast on these sugars and form acid as a by-product. This acid eats into the tooth enamel, eventually creating a cavity. One way to prevent cavities is to limit between-meal snacks. If you need a snack, choose raw vegetables, fruit, or cheese.

Clean, healthy teeth. Brush your teeth as soon as possible after eating. Removing all food particles from your teeth prevents decay. Children should be encouraged to brush their own teeth from an early age, but an adult should rebrush the child's teeth until he or she is 5 or 6, to ensure a thorough cleaning. Many dentists recommend that parents also help their children learn to floss. Children and adults should visit a dentist twice a year for a check up and teeth cleaning.



Arthur's Tooth

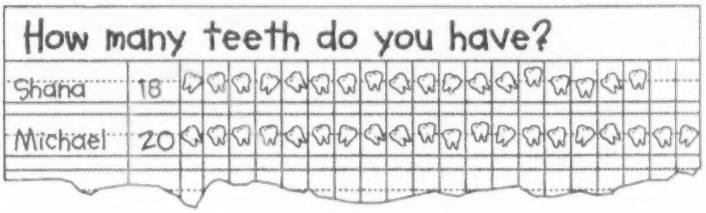
Everyone in the third grade has lost a baby tooth, except for Arthur. Francine teases him and calls him a baby. Arthur visits his dentist who reassures him that many children do not lose their first tooth until they are 8 or 9 years old.



Activities

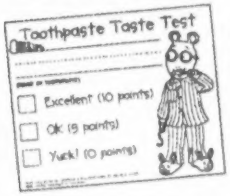
Baby teeth. Show the video *Arthur's Tooth*, or read one of the Loose Tooth books listed in the box. Ask children: *When do kids begin to lose their baby teeth? Do you think kids who have lost some baby teeth are more grown up than kids who haven't lost a tooth yet?* Encourage kids to illustrate and write or dictate stories about losing a tooth.

How many teeth? Have children wash their hands and count their own teeth. Provide mirrors, if possible. Have children enter the information on a graph.



When I went to the dentist... Ask children to recall things that happened when they went to the dentist. Write each detail on a sentence strip. With the children, arrange the sentences in a logical sequence. Have groups of children role play a visit to the dentist.

Toothpaste survey. Bring in small tubes of different toothpastes and a toothbrush for each child. Have children look for the word *fluoride* on the tube. Explain that fluoride helps prevent cavities. Have children brush their teeth with different toothpastes and rate the taste. (Use only a pea-size amount of toothpaste.) Copy and distribute score cards (see page 22). Add up the points for each brand and chart the results.



Dentists in the classroom. Invite a local dentist or dental hygenist into your class to talk about teeth and to demonstrate proper dental care.

Family activities. Give each child a copy of My Toothbrushing Chart and Tooth Care Tips. English and Spanish versions are provided on pages 9–11. Chinese, Vietnamese, and Tagalog versions are available on the ARTHUR Web site: **www.pbskids.org/arthur**. You may want to send home ARTHUR mini dots stickers to use with the chart. These can be ordered online at **www.smilemakers.com**

Read All about It

LOOSE TOOTH

Arthur's Tooth and *Arthur Tricks the Tooth Fairy* by Marc Brown

Little Rabbit's Loose Tooth by Lucy Bate

DENTAL CARE

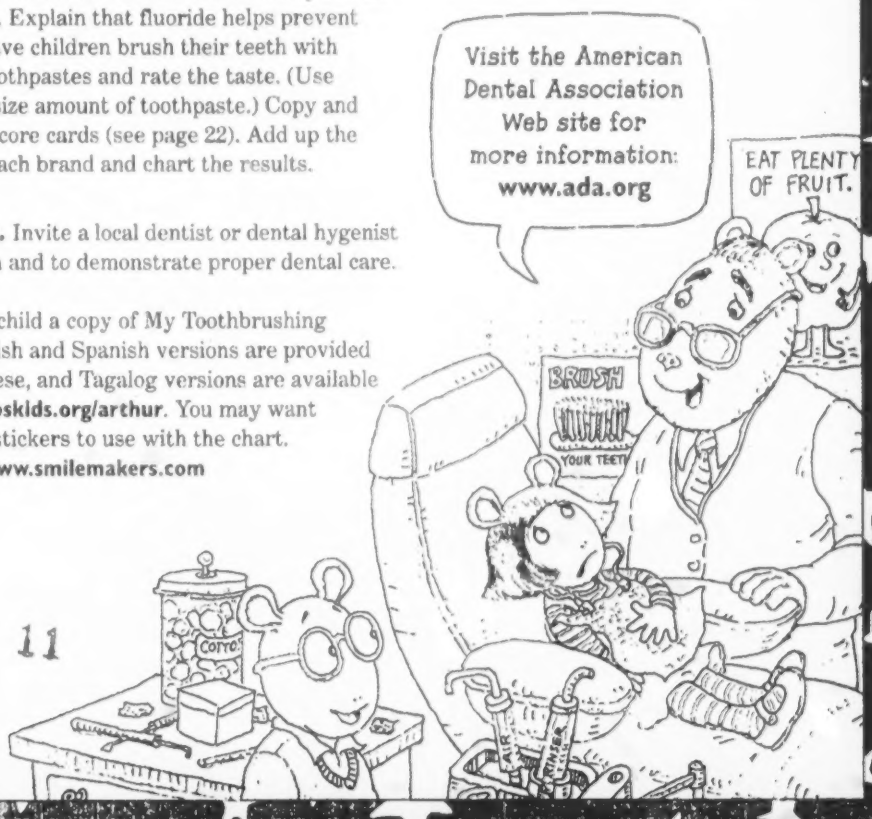
How Many Teeth? by Paul Showers

Open Wide: Tooth School Inside by Laurie Keller

TOOTH TRIVIA

Throw Your Tooth on the Roof: Tooth Traditions from Around the World by Selby B. Beeler

What Big Teeth You Have! by Patricia Lauber



My Toothbrushing Chart

Brush your teeth in the morning.

Brush your teeth at night.

Mark your chart

When your teeth are clean and bright.

Color in the tooth or put a sticker on the calendar each time you brush your teeth.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING							
NIGHT							

Family Activity Sheet

Name _____

Happy brushing!

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Family Activity Sheet

Mi tabla para cepillarme los dientes

Cepíllate los dientes por la mañana.
Cepíllatelos antes de irte a dormir.
Y no olvides marcar en la tabla
cuando los veas relucir.

Colorea la muela o pega una calcomanía en el calendario cada vez que te cepilles los dientes.

	domingo	lunes	martes	miércoles	jueves	viernes	sábado
EN LA MAÑANA							
EN LA NOCHE							

Nombre _____

¡Cómo te brillan los dientes!

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Tooth Care

Tips for Parents and Kids

Tooth decay is caused by food that is left on your teeth.

These bits of food make a film on your teeth called plaque.

Germs in the plaque make acid, which can eat holes in your teeth.

To keep your teeth clean and strong:

- Brush your teeth twice a day, after breakfast and before you go to bed.
- Brush with toothpaste that has fluoride. Fluoride helps prevent cavities. You should never swallow toothpaste.
- Use a toothbrush with soft bristles.
- Brush the front, back, and top of every tooth. Brush your tongue, too!
- Visit your dentist twice a year. The dentist will clean and check your teeth.

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El cuidado de los dientes

Consejos para padres e hijos

La caries dental se produce por restos de alimentos que quedan en los dientes.

Estos pedacitos de comida forman placa dental, una película que se pega a los dientes.

Las bacterias de la placa producen ácido, que puede formar agujeros en los dientes.

Para mantener los dientes sanos y fuertes:

- Cepíllate los dientes dos veces al día, después del desayuno y antes de acostarte.
- Usa crema dental que contenga flúor. El flúor ayuda a prevenir la caries dental.
- Nunca debes tragarte la crema dental.
- Usa un cepillo de cerdas suaves. Cepilla el frente, la parte de atrás y la superficie masticadora de todos los dientes y muelas.
- Cepíllate la lengua también.
- Acude al odontólogo dos veces al año para que te limpie y revise la dentadura.

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Dealing with Feelings

This unit helps children learn to label their feelings and express them in appropriate ways. To introduce this topic, you may want to show the video or read the book, *Arthur and the True Francine*. Share Background Information with the children as you do some of the activities on page 13.

Background Information

Feelings. Learning to recognize, label, and deal with our own feelings is a skill we continue to develop over our lifetime. Here are some important understandings you can help kids develop.

- **Feelings change.** During a day, most people experience lots of different feelings, both good and bad.
- **It's OK to feel angry or upset.** While we can't really control our feelings, we can learn to control our actions and that's what is important.
- **When we feel bad, we can find ways to make ourselves feel better.**

Kids as problem solvers. Strong emotions can make us feel out of control. Kids are more able to stay in control when they can use words to describe their feelings, figure out what makes them feel that way, and make decisions about how to respond. Dramatic play and discussions about how to deal with arguments and upsetting situations can help kids develop ideas about things they could do or say. When a difficult situation arises, kids can think about these options before they respond. For more ideas, see the parent and teacher books in Read All about It (page 13) and the ARTHUR™ on the Web resources listed below.

Controlling anger. Self-control is a skill that children acquire gradually as they grow older. Parents and caregivers can support that process by making sure that kids get enough physical activity and sleep (tired kids get frustrated easily), and by helping them find healthy ways to express feelings. For suggestions, see Tips for Parents and Kids on page 16. We also help kids when we set clear limits for acceptable behavior and intervene in firm, calm ways when they lose control. We can assure them they have someone to talk to and a safe place to go.

ARTHUR on the Web. For tips on helping kids deal with conflict and anger, go to the ARTHUR Web site: **pbskids.org/arthur**. In the Grown-Ups area, check out the Parent Guides: *The Ups & Downs of Friendship* and *Sisters and Brothers: Working Things Out.* (Available in English and Spanish.)

Arthur and the True Francine™

In *Arthur and the True Francine*, the second episode on this home video, Muffy cheats on a test and lets Francine take the blame. Pause the video and have children suggest ways to solve the problem. Ask: *How does Muffy (or Francine) feel? Why? What could she choose to do or say? How do you think the girls will work out the problem?*

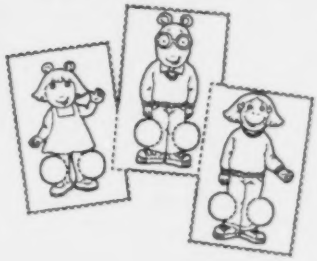
Activities

Name that feeling. Being able to name your emotions is a first step towards understanding what makes you feel that way. The book *A to Z: Do You Ever Feel Like Me?* is a terrific tool for building children's vocabulary. As you read, pause to let kids guess each emotion. Ask: *Have you ever felt (jealous, impatient, grumpy)? What made you feel that way? When you're (jealous), how can you make yourself feel better?* Have children mime or role play feelings for the others to guess.

Head to toe. Lead children in a visualization activity. *Imagine that you are very angry. Your mouth feels angry. Your teeth feel angry. Your eyes, cheeks, and nose feel angry. Your shoulders, arms, and hands are angry. Your stomach, legs, and feet are angry... Now you're going to relax, part by part. Your mouth relaxes and feels peaceful and calm. Your teeth relax... etc.* When children are completely relaxed, suggest that this is a technique they can use to calm themselves down when they feel themselves getting angry.

Say it with art. Have children create posters representing different emotions. What colors will they use to show anger? Sadness? Happiness? Tape paper to the wall so children can color or paint with big gestures. Play angry, sad, or happy music to inspire your artists.

Puppet play. Use the puppets on page 23 to act out a skit based on a familiar classroom or playground conflict. Pause mid-action and have the puppets ask the kids for advice. Encourage kids to put on puppet skits based on their own experiences or ARTHUR™ episodes. For example:



- D.W. is acting mad at everyone. Underneath, she's feeling miserable because she wasn't invited to a birthday party. (*D.W.'s Very Bad Mood*)
- Arthur loves playing baseball, but he is really a terrible hitter. The team keeps losing. It's driving Francine crazy. How can Francine and Arthur work out the problem? (*Arthur Makes the Team*).

Draw and write. Have children draw a picture about an event that made them feel a certain way. Let them write or dictate how they felt and what happened.

Today, I felt embarrassed and mad. I tripped over a chair. Everyone laughed.

Family activities. Introduce the Feelings Chart to the class, then send home the Family Activity Sheet and Tips for Parents and Kids. English and Spanish language versions are provided on pages 14-15. Versions in Chinese, Vietnamese, and Tagalog are available on the ARTHUR Web site: **pbskids.org/arthur**

Read All about It

A to Z: Do You Ever Feel Like Me? An Alphabet Guessing Book by Bonnie Hausman

Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst (Also available in Spanish: *Alexander Y El Dia Terrible, Horrible, Espantoso, Horroroso*)

Feelings by Aliki

Jamaica and Brianna by Juanita Havill

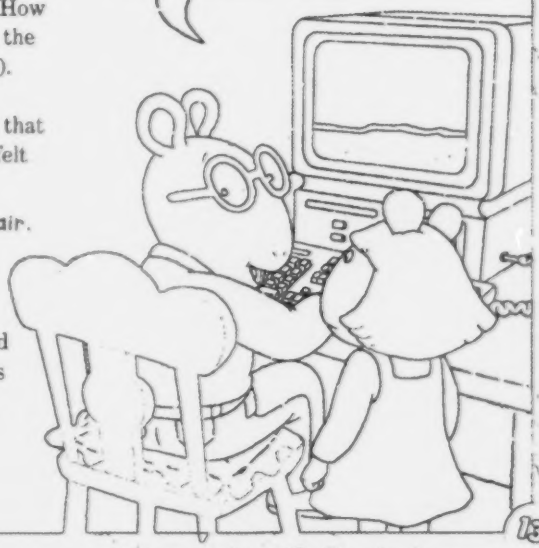
When Sophie Gets Angry-Really, Really Angry by Molly Bang

FOR TEACHERS AND PARENTS

Creative Conflict Resolution: More Than 200 Activities for Keeping Peace in the Classroom by William J. Kreidler

What to Do when Kids Are Mean to Your Child by Elin McCoy

Play the conflict resolution game, "You've Got to Be Kidding," on the ARTHUR Web site: **pbskids.org/arthur**



Family Activity Sheet

Feelings Chart

At the end of the day, ask your child:
What happened today? What did you do? How did you feel? What happened to make you feel that way?

Have your child draw a face in the chart and write a word describing the feeling.

Talk about your own day and how you felt as you also draw a face and write a word in the chart.

- confused
- afraid
- happy
- grumpy
- angry
- sad
- disappointed
- silly
- proud
- excited

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CHILD							
GROWN-UP							

Child's Name _____

Grown-Up's Name _____

If your child is feeling bad, ask: "What do you think would make you feel better?"

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Tabla de emociones

Al concluir el día, pregúntele al niño:
¿Qué cosas te pasaron hoy? ¿Qué hiciste?
¿Cómo te sentiste? ¿Qué pasó que te hizo sentir así?

Haga que el niño dibuje un rostro en la tabla y escriba una palabra que describa la emoción.

Háblele del día que usted tuvo y de cómo se sintió usted. Dibuje también un rostro y escriba una palabra en la tabla.

- confundido
- a asustado
- feliz
- irritado
- enojado
- triste
- desilusionado
- tonto
- orgulloso
- emocionado

domingo	lunes	martes	miércoles	jueves	viernes	sábado

Nombre del niño _____

Nombre del adulto _____

Si el niño se siente mal, pregúntele: "¿Qué crees que te pueda hacer sentir mejor?"

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Family Activity Sheet

Dealing with Feelings

Tips for Parents and Kids

What should a kid do when he or she feels angry or sad or frustrated?

It's important for kids to express their feelings. It's also important for them not to hurt others or themselves. Have your child try some of these ideas the next time he or she feels angry.

- Use your words. Tell the person how you feel and why. Try not to yell.
- Walk away from the person or situation.
- Run or stomp or do a mad dance, when you're away from the person.
- Take deep breaths.
- Write a letter or draw a picture about how you feel.
- Take a bath or spend some time by yourself until you calm down.
- Read, play a game, or listen to some music.

Ask your child, *What else could you do that might help you feel better?*

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El manejo de las emociones

Consejos para padres e hijos

¿Qué debe hacer el niño cuando se siente enojado o triste o frustrado?

Para los niños es importante expresar sus emociones. También es importante que no lastimen a nadie, ni a sí mismos. Haga que su niño ensaye algunas de estas sugerencias la próxima vez que se sienta enojado.

- Emplea palabras. Dile a la otra persona cómo te sientes y por qué. Trata de no gritar.
- Aléjate de la persona o de la situación.
- Cuando te hayas alejado de la persona, corre, zapatea o baila con toda tu energía.
- Respira profundamente.
- Escribe una carta o haz un dibujo para representar cómo te sientes.
- Date un baño o pasa un rato solo hasta que te calmes.
- Lee, juega a algo o escucha música.

Pregúntele al niño: "*¿Qué otra cosa puedes hacer para sentirte mejor?*"

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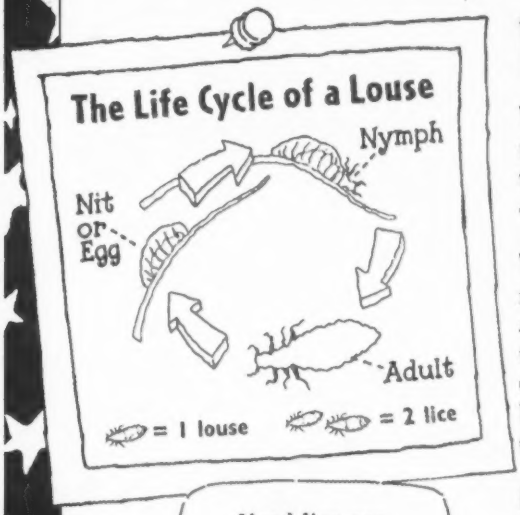
Head Lice Advice

Kids can help prevent the spread of head lice by learning some basic facts about these parasitic pests! Share the information below with the children as you do the activities described on page 18.



Background Information

Who gets lice? Anybody can get head lice. Having head lice doesn't mean that you're dirty. It just means that you were in the wrong place at the wrong time. Lice cannot fly or jump from person to person, but they can be passed by sharing combs, hats, helmets, headphones, or bedding.

What are lice? Head lice are small insects that live in human hair and feed on human blood. They begin their lives as eggs called *nits*. After about a week, the nits hatch into *nymphs*. Nymphs can only do two things: eat and shed their skins. Once a nymph sheds its skin three times (about seven days after hatching) it becomes an *adult* louse. An adult louse is the size of a sesame seed. Like all other insects, it has six legs. (A reproducible copy of the life cycle is on page 23.)

How can you tell if you have head lice? If your head itches, especially at the nape of your neck or behind your ears, it may mean that you have lice. Not everyone itches when they have lice, so if there is an outbreak of lice in a school, it's important that everyone gets checked. The school nurse will look for lice and nits on the scalp and near the hair roots.

How do you get rid of head lice? One way is to comb out the lice using a lice comb. Other methods include using medicated shampoo. Ask your the school nurse or doctor to recommend a treatment. An important part of getting rid of head lice is to work together with all the families in your school, so that kids do not re-infect each other.

How do you get rid of lice around the house or classroom? Vacuum the furniture and floors. Soak combs and brushes in hot water or alcohol for 10 minutes. Wash clothes and sheets in hot water, then run through a dryer at high temperature for at least 20 minutes. Stuffed animals and blankets can be sealed in plastic bags for two weeks. That allows plenty of time for any nits to hatch and die.

For more information about lice go to the following Web sites:
National Pediculosis Association at **www.headlice.org**
Nitpickers: Head Lice Education and Prevention at **www.nitpickers.com**

The Lousy Week

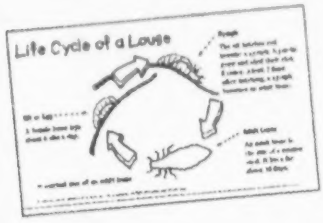
An army of lice has descended on Lakewood Elementary School. Who will win the battle? The students and teachers, or the head lice? *The Lousy Week* is one of three shows on the home video *Arthur Goes to the Doctor*.

Illustration by Rick Pinchers

Activities

What I know about head lice. Draw a chart with three columns: *Know*, *Want to Know*, and *Learned*. Brainstorm and write down what kids already know (or think they know) about lice. Watch the video *The Lousy Week*. Afterward, help kids generate questions about head lice. Write the questions in the second column. Read a few books about lice together (see Read All about It), and/or share some of the Background Information (page 17) with the kids. Write the answers to the questions and any other facts kids learned in the third column.

All in the family. Copy and distribute the reproducible Life Cycle of a Louse chart (page 23). If kids have studied the life cycles of other insects, such as butterflies or ants, talk about how the life cycle of a louse is similar. Can children name some other insects that live on blood? Can they name other insects that do not fly? What is one thing that all insects have in common? (They all have six legs.)



Lice advice. Have kids create a book with facts about head lice and how to get rid of them. Make copies to share with other classes and send home to families.

Trivia game. Have kids write questions and answers about head lice on index cards. Encourage them to use *The Lousy Week* video, the Life Cycle of a Louse reproducible, the class chart, books, and Web sites (see page 17) as sources of information. Divide the class into teams. Use the questions and answer cards to hold a quiz show.

Family activities. Send home copies of the coloring sheet and Head Lice Control: Tips for Parents. English and Spanish language versions are provided on pages 19–21. Versions in Chinese, Vietnamese, and Tagalog are available on the Arthur Web site: **pbskids.org/arthur**

Read All about It

Lots of Lice by Bobbi Katz

Mom, Teacher Says I Have Headlights by Steve Erwin

Those Itsy-Bitsy Teeny-Tiny Not-So-Nice Head Lice by Judith Rice. (This book has text in both Spanish and English.)

Head Lice by Allison Lassieur

Lice by Patrick Merrick

Muffy and the Lice Coloring Sheet

Anyone can get head lice, even me! If you do have head lice, you're not the only one. Your school nurse or teacher needs to know so everyone can work together to get rid of those nasty little head lice.
Why does she think we're nasty? I think we're sort of cute!

- If you have an itchy head, ask your school nurse to check for head lice.
- If you do have lice, the nurse can tell you the best way to get rid of them.
- Don't share hats, combs, or headphones. That's one way that lice spread.

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Muffy y los piojos Hoja para colorear

A cualquier persona se le pueden prender los piojos. ¡Incluso a mí! Si tienes piojos, no eres el único y debes contárselo a la enfermera de la escuela o a tu maestra para que entre todos se deshagan de estas horribles criaturas.
¿Por qué cree ella que somos horribles? ¡Creo que somos muy simpáticos!

- **Si te rasca la cabeza, pídele a la enfermera que te la examine para ver si tienes piojos.**
- **Si tienes piojos, ella puede decirte cuál es el mejor método para deshacerte de ellos.**
- **No uses las gorras, peines ni audífonos de otras personas. Esas son algunas de las maneras en que se transmiten los piojos.**

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26 A

Head Lice Control

Tips for Parents

- Anyone can get head lice. It doesn't mean you're dirty.
- Head lice travel from head to head when people share hats, combs, or bedding. Lice can't jump or fly from person to person.
- Head lice are annoying, but they're not dangerous. Head lice do not carry any diseases.
- If your child has head lice, be sure to notify your child's school and afterschool to prevent lice from spreading to other children.
- Ask your doctor or nurse to recommend the best way to get rid of lice. Methods include using a lice comb or medicated shampoo.
- For more information, check the following Web sites:
  National Pediculosis Association at **www.headlice.org**
  Nitpickers: Head Lice Education and Prevention at **www.nitpickers.com**

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Cómo eliminar los piojos

Consejos para padres e hijos

- A cualquier persona se le pueden prender los piojos. No quiere decir que uno sea sucio.
- Los piojos pasan de una cabeza a otra cuando las personas comparten gorras o sombreros, peines o ropa de cama. Los piojos no pueden saltar ni volar de una cabeza a otra.
- Los piojos son fastidiosos, pero no son peligrosos. No son portadores de ninguna enfermedad conocida.
- Si el niño tiene piojos, avísele a la escuela y a otros programas a los que asista, para evitar que los piojos se les prendan a otros niños.
- Pregúntele al médico o a la enfermera cuál es la mejor manera de deshacerse de los piojos. Algunos métodos consisten en utilizar un peine especial o un champú medicado.
- Si desea más información, consulte estas páginas en Internet:
  La de la *National Pediculosis Association* en **www.headlice.org**
  La de *Nitpickers: Head Lice Education and Prevention* en **www.nitpickers.com**

26 B

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Toothpaste Taste Test

(NAME OF TOOTHPASTE)

- ☐ Excellent (10 points)
- ☐ Ok (5 points)
- ☐ Yuck! (0 points)

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Classroom Reproducible: Open Wide!

Toothpaste Taste Test

(NAME OF TOOTHPASTE)

- ☐ Excellent (10 points)
- ☐ Ok (5 points)
- ☐ Yuck! (0 points)

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Classroom Reproducible: Eat Well. Stay Fit.

Arthur AWARDS

Hooray for Health!

Congratulations!

CHILD'S NAME

SIGNED

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Color and cut out the puppets. Option 1: Carefully cut out the holes. Put two fingers through the holes. Your fingers become the puppet's legs. Option 2: Tape the pictures to popsicle sticks, tongue depressors, unsharpened pencils, or rulers to make stick puppets.

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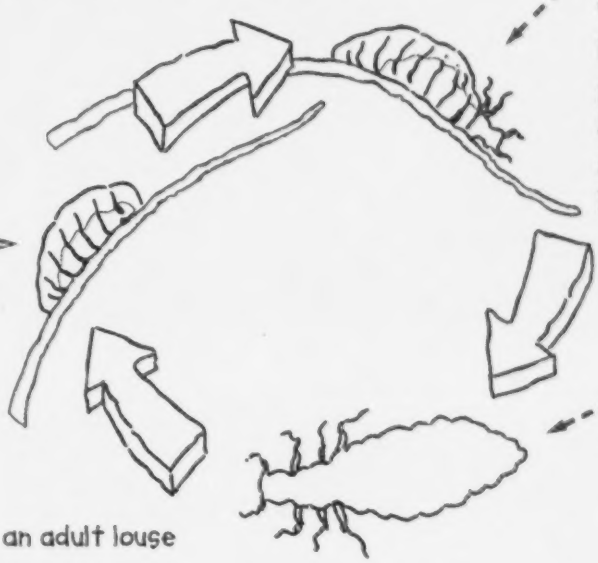
Classroom Reproducible: *Dealing with Feelings*

Life Cycle of a Louse

Nymph

The nit hatches and become a nymph. Nymphs grow and shed their skin 3 times. About 7 days after hatching, a nymph becomes an adult louse.



Nit or Egg

A female louse lays about 5 nits a day.

Adult Louse

An adult louse is the size of a sesame seed. It lives for about 16 days.

● =actual size of an adult louse

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Classroom reproducible: *Head Lice Advice*

Taping ARTHUR™ shows

You can tape any ARTHUR TV show off the air and use it for educational purposes for up to one year after broadcast. For specific broadcast dates, call your local PBS station, or check the episode listings in the Grown-Ups area on the ARTHUR Web site: **pbskids.org/arthur**.

ARTHUR Home Videos

The ARTHUR episodes recommended in this guide are also available as home videos. Look for them in your library. Educators interested in purchasing any of the ARTHUR videos featured in this guide can call 1-800-949-8670 or write WGBH Boston Video, PO Box 2284, South Burlington, VT 05407-2284. Mention or indicate keycode "ARTEDUC" to get 10% off each video! Order all four, and get 20% off! Offer expires November 30, 2001.

Arthur Goes to the Doctor includes *Arthur's Knee* (simple first aid), *Buster's Breathless* (asthma), and *The Lousy Week* (head lice).

Call 1-800-949-8670 to order ARTHUR videos.

ARTHUR on the Web: pbskids.org/arthur

Do you have students whose home language is Chinese, Vietnamese, or Tagalog? The *Hooray for Health!* Family Activity and Tip sheets have been translated into these languages. To print them out, go to the Grown-Ups area on the ARTHUR Web site.

Credits

This guide was produced by the Educational Programming and Outreach department of WGBH.

Director, Educational Print and Outreach
Karen Barss

Manager, Educational Print
Sonja Latimore

Manager, Educational Outreach
Mary Haggerty

Editor
Elly Schottman

Associate Editor
Amy Kittenplan Hubbard

Outreach Coordinator
Eileen Hughes

Outreach Assistant
Staci desBouvrie

Designer
Danielle Edson

Print Production
Lenore Lanier Gibson

ADVISORS

Eileen Costello, M.D.
Dorchester House Multi-Service Center
Dorchester, MA

Patricia J. Cowan, R.N.
Reach Out and Read
Somerville, MA

Emily Damiano
Asian American Civic Association
Boston, MA

Jamie Harris
Boston Excels of the Home for Little Wanderers
Roxbury, MA

Leticia Hermosa, R.N.
Filipino Nurse's Association of New England
Westwood, MA

Peggy Leong, D.M.D
South Cove Community Health Center
Boston, MA

Carrie Mart
Austin Elementary School
Vermillion, SD

Toan H. Nguyen
Vietnamese Youth & Family Center
Dorchester, MA

Marisa Peralta
Hernandez School
Boston, MA

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Dear Educator:

Post® Alpha-Bits® cereal is proud to sponsor the PBS ARTHUR® television series. Programming like Arthur provides a perfect mix of education and fun—something we believe is critical to fueling a child's desire to explore and discover all that the world has to offer.

Post Alpha-Bits is especially committed to the importance of reading. Our unique letter-shaped cereal provides kids with all 26 letters of the alphabet they need to spell words and feed their imaginations and minds.

Post Alpha-Bits hopes that you and your students find the *Hooray for Health!* materials to be both helpful and enjoyable.

Happy learning!
Sincerely,

Post Alpha-Bits

Dear Educator:

The LEGO Company proudly sponsors the award-winning PBS series, ARTHUR. As the new season begins, LEGO® Preschool is pleased to support the ARTHUR *Hooray for Health!* program.

Just as healthy bodies are vitally important to a child's growth and development, at the LEGO Company, we believe healthy minds and happy hearts also click together to build a child's natural creativity, imagination, and overall growth.

We encourage parents, care providers, and teachers to foster pride and achievement throughout children's days, so they may experience the same health and happiness that's found in the world of ARTHUR.

Play well!

Your friends at the LEGO Company

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Educational Programming and Outreach
125 Western Avenue
Boston, MA 02134
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